

All about your NEW **GENERAL ELECTRIC** Refrigerator



Dear Homemaker..

May we congratulate you on being the proud owner of a wonderful new General Electric Refrigerator! There's so much pleasure in store for you when you begin making use of the many conveniences this refrigerator has to offer.

Did you know that more than 3,500,000 General Electric refrigerators have been in service ten years or longer? That's real proof that you have chosen a dependable, well designed, and well manufactured appliance — one that will provide many years of faithful operation.

We want to help you obtain every possible benefit from your new refrigerator. This booklet is your introduction. You will want to know about all its features and how best to use them—how and where to store many kinds of foods, and how to care for the cabinet.

Just take a look at the tempting recipes at the back of the book. Your family will love them and you'll enjoy preparing them in your new G-E refrigerator.

Do be sure to read this book carefully and keep it handy with your other recipe books to refer to often. If you have any questions, write to us, won't you? We'll be happy to hear from you.

For the sake of uniformity, most of the photographs included in this booklet are of Model LD-87K. Editorial content, however, applies equally to all models shown on the opposite page. If you are not sure which model you have, you will find an identifying label inside your refrigerator at the top of the left side.
(Trim and equipment, all models, subject to change without notice.)

Consumers Institute
GENERAL ELECTRIC COMPANY
310 W. Liberty St. • Louisville 2, Kentucky





LC-87



LD-87



LC-70



LB-92



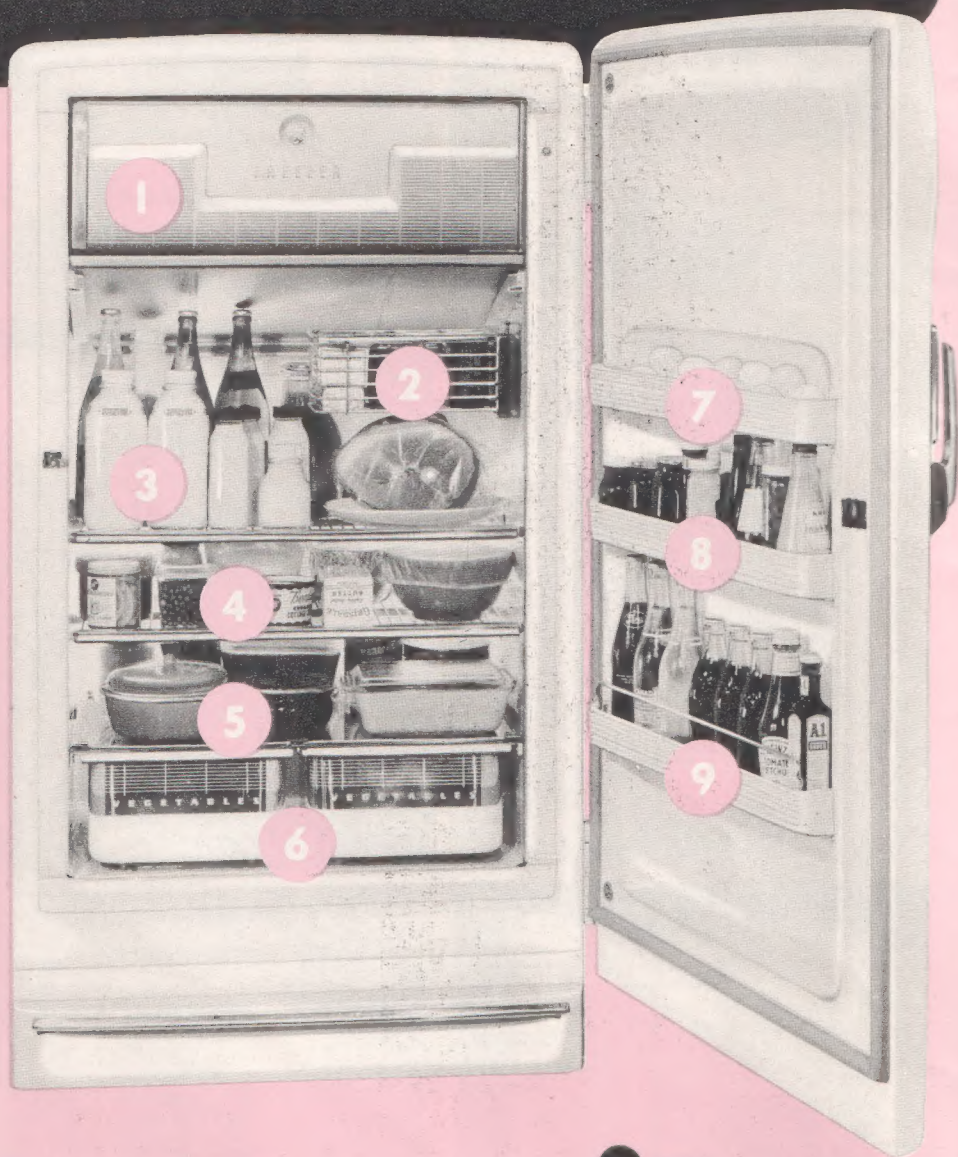
LA-92



LA-76

Space for Everything!

Model
LD-87K



1 FROZEN FOODS, ICE CUBES—meats, vegetables, fruits, desserts.

2 CHEESE—butter, margarine, small jars.

3 BOTTLES—milk, tall bottles, bulky items.

4 GENERAL STORAGE—meats, casserole dishes.

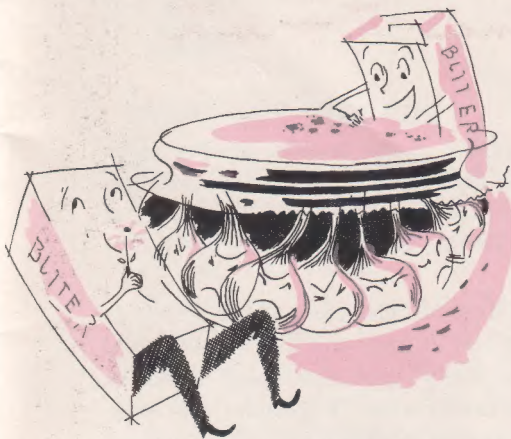
5 VEGETABLES, FRUITS

7 EGGS

8 SMALL ITEMS—baby foods, jars, condiments.

9 BOTTLES—soft drinks, catsup, relish.

Leftovers and General Storage



You will probably want to use most of the space in your refrigerator to store leftovers and foods of a general nature which require no special care. To prevent moist foods from drying out and foods such as onion dishes, cheeses, coffee, butter, and others, from giving off or absorbing odors, store in covered containers. For the convenient covering of dishes, use plastic-type covers, household foil, or heavy wax paper.

Bottles

There is ample room on the shelf below the freezer for the storage of milk and other bottles. This area provides for the storage of those extra-tall bottles or bulky items like watermelon. For quick-chilling soft drinks, see page 9. Soft drink bottles may be stored conveniently in the bottle shelf of the refrigerator door (if yours is a model with door shelves).



MILK STORAGE

As a general rule, milk can be stored in your General Electric Refrigerator for several days. Preservation depends on several conditions—freshness of the milk on delivery, the number of times it is removed from your refrigerator, and the length of time it is left standing at room temperature. Half-gallon milk bottles or cartons fit conveniently on the roomy top shelf.



Vegetables and Fruit

The General Electric refrigerator described in this booklet has two glass-covered drawers, especially designed for the storage of fresh fruits and vegetables. Other models have one drawer or, where there is none, vegetables and fruits will keep garden fresh and maintain their natural moisture in securely closed plastic bags.

Wash vegetables before storing, and discard those parts which are not to be used. However, for most satisfactory results, peas and lima beans should be stored in the pod, corn in the husks. Leafy vegetables should be shaken several times after washing to remove excess water. Vegetables will often regain their crispness if placed in the drawer or plastic bag while they are still moist.

Berries are very perishable and should not be washed or hulled before storing as this tends to make them become mushy and lose their juices. Spread them out on a shallow dish or plate, and store them on an open shelf. Thick-skinned fruits, such as oranges, grapefruit or lemons may be stored either in the drawers or on any convenient shelf.

See instructions on page 16 for removing glass shelf.





Meats, Fowl and Fish

SHORT-TIME STORAGE

Meats and fowl that you plan to use the same day purchased can be stored, uncovered, anywhere in the refrigerator. Fish or any seafood should always be well covered with *heavy* wax paper or kitchen foil, otherwise other foods will absorb their odors.

For storage up to four or five days, wrap meats, fowl and luncheon meats in *heavy* wax paper, kitchen foil or leave in store wrappings and place them on any convenient shelf. Variety meats, ground meats and seafoods may be stored on any convenient shelf, but never for longer than one day, as they are extremely perishable. (See instructions for Special Meats.)

LONGER STORAGE

Meats and fowl that are to be stored for longer than four or five days should be wrapped in moistureproof material and placed in freezer. Here they will remain market-fresh up to two weeks. Ordinary store wrapping is not suitable for frozen storage because it absorbs natural juices and is difficult to remove from the meat once it freezes.



SPECIAL MEATS

Variety meats such as liver, kidneys, etc., ground meats, and fish should always be stored in the freezer if they are to be kept for more than one day. They can be stored in the freezer for about two weeks if they are wrapped in moistureproof material to prevent their drying out. One of the ice trays, or a small pan, is often convenient for this type of meat, but it should be covered.

Storage Hints



EGGS

Eggs may be stored on the top door shelf especially designed for that purpose, or in the swing basket. They may also be stored in their original covered carton or in a bowl on any convenient shelf in the refrigerator. If eggs are to be stored longer than a week, they should be kept in a covered container.

BUTTER OR MARGARINE

Butter or margarine should always be kept in a covered container, wrapped in moistureproof material, or left in the original protective wrapping. They absorb odors and flavors very rapidly, so be sure to keep the container sparkling clean. Extra butter or margarine can be stored in the swing basket or on any convenient shelf.

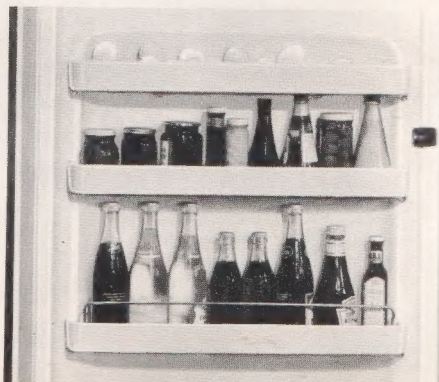


CHEESE

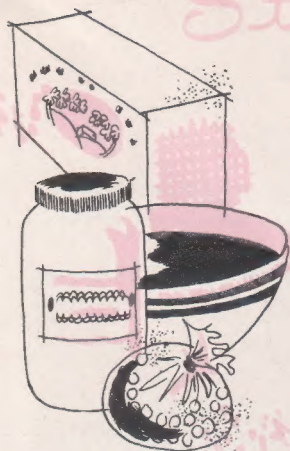
Cheese should be kept wrapped tightly in its original protective covering or in moistureproof wrapping. If you prefer to store cheese in a container, make sure that it is kept tightly covered.

SMALL JARS AND PACKAGES

Small packages of cheese, jars of cocktail spreads, baby foods, condiments and other small items . . . as well as soft drink bottles can be stored conveniently in the door shelves (if your model has them), where they are always handy.



Storage Hints



CANNED GOODS

Various size cans will fit easily on any shelf.

It is entirely safe, according to the U. S. Department of Agriculture, to store foods in opened cans—securely covered, of course, with *heavy* wax paper or kitchen foil.



BULKY FOODS

Large, bulky foods like roasts, hams, turkey or watermelon can be stored on the roomy top shelf of your refrigerator. On model LD-87 the swing basket can be removed to permit storage of these bulky foods.



QUICK CHILLING

For extra-fast chilling of soft drinks and other beverages, place bottles in the chiller tray in models LB-92, LA-92 and LA-76. When bottles are sufficiently chilled, they should be placed on any convenient shelf. Beverages kept in chiller tray longer than necessary for chilling may cause contents to freeze. In models LD-87 and LC-87, bottled beverages may be chilled quickly at the rear of the top shelf. The chiller tray may also be used for quick-chilling desserts and for storing an extra supply of ice cubes when you are having a party. (See page 12.)



How to Store Foods Properly

FROZEN FOODS—All frozen foods should be kept in their original containers, or should be wrapped in moistureproof material (*heavy wax paper, kitchen foil, etc.*) until you are ready to use them.

FRESH FOODS—The type of fresh food and how long it can be stored determines in what part of the refrigerator it should be placed. *Recommended food storage periods assure maximum retention of food value, appearance and flavor.*



HERE ARE SOME HINTS:

Baked goods can be frozen and stored right in the cardboard store box.

Most frozen fruits are delicious when served while a few ice crystals still remain on them.

Hamburg is highly perishable. If you buy it to be used more than a day later, it should be frozen. Form it into patties or meat loaf and store in a covered container, or wrap in moistureproof material and store in an ice tray. This same procedure applies to chops.

Refreezing frozen foods which have been completely thawed is always undesirable, because of loss in flavor, color and nutritive value. It is also possible, particularly with sea foods, that they may have warmed up sufficiently for the growth of spoilage organisms which would not be killed by subsequent re-freezing.

In the fresh-food space, foods will gradually thaw. If you are planning to use a frozen roast in one or two days, place it on one of the shelves for thawing. This will save room in the freezer for other foods.

UP TO TWO WEEKS STORAGE

Any commercially packaged frozen foods or properly wrapped or packaged fresh foods.

UP TO THREE DAYS STORAGE

Steaks, chops, roasts, luncheon meats and fowl.

USE SAME DAY

Variety meats, ground meats and fish.





Here's the Easy Way

When you want to freeze ice cubes quickly, or when you are freezing ice cream or other desserts, turn the temperature-control dial so that the indicator points to No. 9 for about one hour or until frozen.

If you are having a party and are going to need an unusually large supply of ice cubes, you can freeze extra cubes ahead of time and store them in a container in the freezer or in the chiller tray of the LB-92, LA-92, and LA-76. To prevent cubes from sticking together when storing in the freezer or chiller tray, remove them from the ice cube trays quickly, and store them before they begin to melt.

A special wax coating on the trays helps make removal of ice cubes easy. For this reason care should be used in cleaning the trays. Do not use boiling water, abrasive pads or cleaning powders. Plain soap and water will clean the trays and protect the finish indefinitely. In models LD-87 and LC-87, an aluminum shelf is provided to facilitate frozen food storage and prevent particles of frost, liquids, from entering trays during defrosting cycle.



To loosen cubes from the Redi-Cube tray, pull release handle all the way back. Lift out dividers. All but the end cubes remain in the dividers. Then remove one or as many cubes as you need.

To remove cubes from trays with plastic dividers, turn tray upside down and spread aluminum sides. This will release the dividers from tray. The pliable plastic dividers can then be flexed from side to side to loosen cubes.



Temperature Control

The entire operation of your refrigerator—starting, stopping, regulating, and defrosting—is regulated by a single dial located on inside wall, above the top shelf.

Most users find that satisfactory cabinet temperature can be maintained by setting the control dial at No. 5. However, since the number of times you open the door, and the temperature of your kitchen affect the cabinet temperature, you may find it necessary to select a warmer or colder setting.

IN COLD WEATHER you may want a warmer setting. Simply turn the dial so that the indicator points to a lower number, as shown in Fig. 1.

IN HOT WEATHER you may want a colder setting. In this case, simply turn the dial so that the indicator points to a higher number, as shown in Fig. 2.

FOR FASTEST FREEZING, when you want to freeze extra ice cubes quickly or when you are freezing ice cream or other desserts, set the dial at No. 9. *Remember to return temperature dial to your normal setting when desired freezing has been accomplished.* Use a setting colder than your normal setting for storage of ice cream and other frozen desserts. (See page 19.)

DURING HUMID WEATHER, moisture will accumulate on the cold surfaces of the refrigerator, just as it accumulates on an iced drink on a hot summer day. This is perfectly normal, and is particularly noticeable when the refrigerator door is opened frequently. To maintain a satisfactory temperature during hot, humid weather, the door should not be opened more than is necessary. This precaution will reduce the frequency of defrosting and help keep operating cost to a minimum.

AUTOMATIC DEFROST MODELS—In models LD-87 and LC-87, defrosting takes place only when necessary and is completely automatic. (See page 14.) In cold weather the sloping aluminum baffle should be set in the normal position. In hot weather the baffle should be set in the summer position to permit greater air circulation.

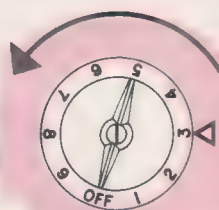
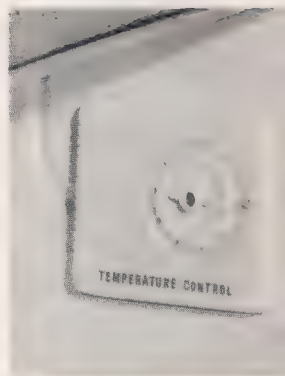


FIG. 1

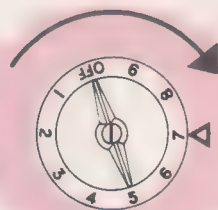


FIG. 2

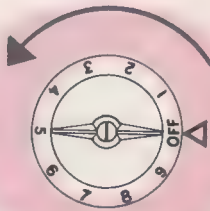


FIG. 3

Defrosting

Timely defrosting insures the most efficient operation of your refrigerator, as well as the most desirable storage temperatures.

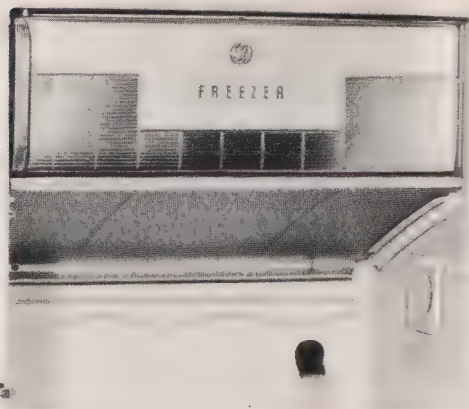
AUTOMATIC DEFROST:

In automatic defrost models, *defrosting takes place only when necessary. The control makes allowance for differences in climate, number of door openings, and the amount of food kept under refrigeration.*

This completely new system of automatic defrosting developed by General Electric is controlled by the Frost-Limiter, which actually controls the amount of frost accumulation. The frost is removed completely. There is no dial to set, button to push, or food to move.

In Model LC-70 defrost water is channeled into a plastic receptacle conveniently located at the right rear of the top shelf. This container should be emptied when full and cleaned with soap and warm water. Models LC-87 and LD-87 have automatic water disposal.

With non-automatic defrost models there are two methods of defrosting: the Quick Method and the Overnight Method. If you are storing a supply of frozen foods, or when your refrigerator is stocked with extremely perishable items, we recommend the Quick Method.



QUICK METHOD:

1. Remove ice trays and all foods from the freezer and chiller. Push the flip-over baffle (on back of the chiller tray) to the rear of the refrigerator.

2. Turn the temperature-control dial to OFF.
3. Fill a large pan with hot (or boiling) water and place it in the freezer. Ice cube trays may be used, but do not fill them with boiling water since it will remove wax coating from tray surface.
4. You may hasten the defrosting process by removing pieces of ice from the bottom and inside of freezer.
5. After frost has melted from inside and outside surfaces and water has collected in the chiller, remove this tray and wash it. Do not use boiling water, since the sudden change in temperature might warp the plastic. Wipe the freezer inside and outside with a damp cloth.
6. Refill the ice cube trays, return them to the freezer and set the temperature control dial to the desired setting.

OVERNIGHT METHOD:

1. This method may be used when there is no supply of frozen foods in the freezer, or when it's possible to remove the frozen foods on hand to a separate food freezer. Otherwise, they will thaw if left overnight or all day at room temperature.
2. Remove the ice cube trays from the freezer and any items in the chiller.
3. Turn the temperature-control dial to DEFROST.
4. Keep the refrigerator door closed as moderate refrigeration continues when temperature control is set to DEFROST.
5. Follow steps 5 and 6 in Quick Method.

*Please, never use a sharp
or pointed instrument to re-
move frost or ice from the
freezer—you might damage it!*



EXTERIOR

Wipe off the exterior of the cabinet regularly with a mild soap and water solution, using a sponge or soft cloth. Then repeat, using only clear water. In order to protect the outer surface and add new luster to the finish, once a month use G-E Liquid Wax (you can get it from your G-E retailer).



INTERIOR

Whether your refrigerator is an automatic defrost model or standard model, the interior and all accessories should be cleaned every week or two or when necessary with a solution of warm water and baking soda (about a teaspoon of soda to a quart of water), or a solution of mild soap and water. Rinse with clear water. Then wipe the interior with a clean, dry cloth. Never use wax, other polishes or cleansers inside refrigerator or solutions having a strong odor. It is advisable not to remove the label inside the refrigerator at the top of the left side. This is the model number of your refrigerator and you may wish to refer to it sometime.

DOOR GASKET, DOOR SHELVES

For cleaning, use a solution of warm water and baking soda, or a mild soap-and-water solution, and don't forget to rinse thoroughly with clear water.

ICE TRAYS

Merely use soap and water to clean the trays. Don't use metal sponges, steel wool, or cleaning powders. And never use boiling water, as it will remove the surface wax film which helps make it easy to remove the ice cubes.

CHILLER TRAYS, EVAPORATOR PAN

Clean with soap and warm water. Never use boiling water, as this may cause the plastic to warp. Rinse with clear water.

VEGETABLE DRAWERS

Remove the drawers and the glass shelf and wash with soap and warm water as often as necessary to keep them clean and fresh. Rinse with clear water. To remove glass shelf, loosen screws in each corner. Push metal clamps to rear of refrigerator. Grasp back and front of glass, lifting up and back. Center brace on glass comes out with glass shelf. This can be removed for further cleaning. To replace shelf, first set front of glass under metal clamps, and then lower glass to back. Slide corner metal clamps forward and tighten screws. If your shelf does not have thumb screws, simply turn fasteners at rear of shelf so they clear the back edge of glass. Then remove glass as shown.



DRAIN TUBE

Clean tube with bottle brush. Replace aluminum cap. The cap lets water pass through, but not air.

MECHANISM

The mechanism in your General Electric Refrigerator has been permanently lubricated at the factory, so that you will never have to oil it. If it should ever need any service or adjustment, call your General Electric retailer. Delays in obtaining replacement parts will be avoided if you give him the model number of your refrigerator (this appears on the label inside the refrigerator at the top of the left side).

The most convenient location for your new General Electric Refrigerator will probably be in your kitchen. Your G-E retailer can help you with the planning of step-saving kitchen "work centers" combining your refrigerator with other General Electric Appliances. If the kitchen location is impossible, and the refrigerator must be placed in an unheated area, such as a porch, no damage will result to the mechanism from operating in cold temperatures. On cold days and nights, however, stored food may be frost-nipped.

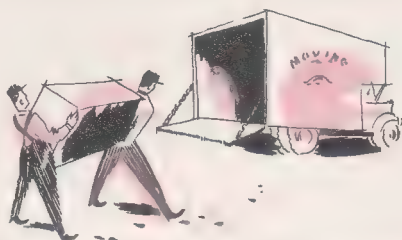
Your General Electric Refrigerator is equipped with two leveling bolts, which make it possible to level the refrigerator when it is placed on an uneven floor. Leveling is advisable to permit the free swing of the refrigerator door. The levelers can be reached by removing the lower front panel.

Short—It is not necessary to turn your refrigerator off during normal vacations (3-4 weeks). In fact, you will find it convenient to leave it running—and the cost of operation will be very little.



Extended—When you are not going to use your refrigerator for a long period, you should: 1. Turn it off. 2. Remove all food. 3. Clean the interior thoroughly. 4. Leave the refrigerator door open. If you leave the door closed for an extended time, a stale odor may develop in the cabinet. 5. When you are ready to use your refrigerator again, simply turn the control to the desired setting. Storing the refrigerator in extreme cold will not harm the cabinet or mechanism.

Before you move your refrigerator, you should remove all food, defrost the refrigerator, fasten all loose parts, and detach the cord plug from the wall socket. The G-E Refrigerator should be handled in moving with the same normal precautions taken with any piece of fine furniture.





And there's nothing more delicious than homemade ice cream when it's creamy and velvety-smooth in texture. You can serve ice cream, parfais, and mousses as often as you wish, for it's easy when you follow a few simple rules! Why not treat the family to *Vanilla Ice Cream* tonight? The recipe's on page 22. But first, here are some general hints on making all kinds of ice cream:

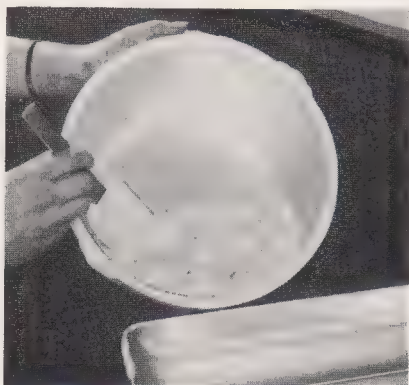
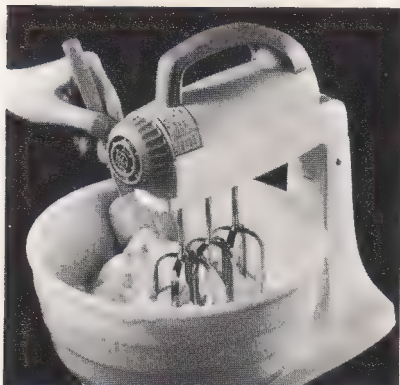
Flaky, or icy, ice cream is caused by improper mixing, incorrect recipes, or too slow freezing.

The faster ice cream is frozen, the smoother it will be. So, for fast freezing, place the ice trays directly on the lower surface of the freezer, and wet the surfaces of the trays before placing them in the freezer.

Too much sugar in a recipe prevents proper freezing, so be sure that you use tested recipes.

To obtain satisfactory results with commercial ice cream mixes, be sure to use those recipes which have been developed for use in mechanical refrigerators.

All ice creams should be frozen with the temperature control set at No. 9 on the dial.



When the ice cream becomes partially frozen, (see recipes) place it in a chilled bowl and beat it until smooth. Return the beaten ice cream mixture to the ice trays and freeze it until firm.

*For storing ice cream and other frozen desserts, turn temperature-control dial back to a setting slightly colder than your normal setting.

STORING COMMERCIAL ICE CREAM IN YOUR REFRIGERATOR

Ice cream should always be stored in contact with the lower surface of the freezer. *Set the temperature-control dial to a setting slightly colder than your normal setting. If ice cream does not keep hard enough in its original container to suit your taste, remove it from its carton and pack it in the ice trays. When you store ice cream in this manner, always cover with heavy wax paper or other protective covering, to prevent its absorbing other food odors.

In cool weather, if you set the temperature control colder for storing or freezing ice cream, push the flip-over-baffle on chiller tray models to the back wall of the refrigerator to keep fresh food compartment temperature from becoming too cold and freezing foods.



ORANGE MILK SHERBET

ORANGE MILK SHERBET

1 envelope (1 tablespoon)
unflavored gelatin
 $\frac{1}{2}$ cup milk

1 $\frac{1}{4}$ cups orange juice
 $\frac{1}{4}$ cup lemon juice
 $\frac{2}{3}$ cup sugar
 $\frac{1}{2}$ cup light corn sirup
 $\frac{1}{4}$ teaspoon salt

1 $\frac{1}{2}$ cups milk
2 teaspoons orange rind,
grated
Few drops yellow food
coloring

Soften gelatin in milk 5 minutes in saucepan. Place pan on low heat until gelatin dissolves, stirring constantly. Remove from heat; cool.

Combine orange juice, lemon juice, sugar, corn sirup and salt. Stir until the sugar is dissolved.

Add milk, orange rind and gelatin mixture. Blend thoroughly. Add food coloring as desired. Pour into 2 ice trays. Place on lower surface of the freezer. Set temperature control at No. 9, freeze until mushy (about 1 hour). Place in chilled bowl; beat until smooth. Return to trays. Freeze until firm (about 45-60 minutes).*

Makes 8 servings.

FROZEN LIME PIE

1 $\frac{1}{4}$ cups fine graham cracker
crumbs
2 tablespoons sugar
 $\frac{1}{3}$ cup melted butter or
margarine

2 eggs
 $\frac{1}{2}$ cup sugar
 $\frac{1}{2}$ cup light corn sirup
 $\frac{1}{3}$ cup fresh lime juice
2 cups light cream
Green food coloring

1 envelope unflavored
gelatin (1 tablespoon)
 $\frac{1}{4}$ cup water

Mix graham cracker crumbs and sugar. Add butter; blend thoroughly. Press mixture evenly and firmly on bottom and side of 9-inch pie plate.

Beat eggs until thick and lemon colored; gradually add sugar and corn sirup, beating constantly. Add lime juice and cream, blend. Add food coloring to tint delicate green.

Soften gelatin in water 5 minutes in saucepan. Heat on low heat, stirring until gelatin is dissolved; remove from unit. Add egg mixture; blend. Pour into ice tray; place on lower surface of freezer. Set temperature control at No. 9; freeze until firm (about 1 hour). Place frozen mixture in chilled bowl; beat smooth. Pour into graham cracker pie shell. Place on lower surface of freezer; freeze until firm.*

Makes one 9-inch pie.

**See Page 19 for instructions on storing frozen desserts.*

VANILLA ICE CREAM

(Light Cream)

$\frac{1}{2}$ cup light cream
1 teaspoon unflavored
gelatin

Place cream in saucepan; sprinkle gelatin over cream, stir in; let stand 5 minutes. Heat on low heat, stirring constantly until gelatin dissolves, remove from heat.

$\frac{1}{3}$ cup sugar
 $\frac{1}{8}$ teaspoon salt
 $\frac{1}{4}$ cup light corn sirup

Add sugar, salt and corn sirup, stir until well blended and sugar is almost dissolved.

$1\frac{1}{2}$ cups light cream
1 teaspoon vanilla extract

Add light cream and vanilla extract, blend thoroughly. Pour into ice tray. Place on lower surface of the freezer. Set temperature control at No. 9. Freeze until firm (about 1 hour).

With blunt knife cut ice cream mixture into small pieces and place in chilled bowl. Working quickly, beat smooth but do not allow mixture to melt. Return to ice tray, freeze until firm (about 45-60 minutes).*

Makes 4-6 servings.

CRANBERRY PARFAIT

$\frac{3}{4}$ cup jellied cranberry
sauce (about $\frac{1}{2}$ 1-pound
can)

2 tablespoons confectioners'
sugar

Place cranberry sauce and confectioners' sugar in large bowl; beat with a fork until smooth and well blended.

1 egg white, stiffly beaten
1 cup heavy cream, whipped
 $\frac{1}{4}$ teaspoon almond extract

Add egg white, cream and almond extract to first mixture; fold in.

$\frac{1}{2}$ cup heavy cream, whipped
Green food coloring
3 tablespoons coarsely
chopped blanched almonds

Pour into ice tray. Place on lower surface of freezer. Set temperature control at No. 9; freeze to mush (about 45 minutes). Place in chilled bowl; beat smooth. Return to ice tray; freeze until firm (1-1 $\frac{1}{2}$ hours).*

Tint whipped cream a delicate green with food coloring; add nuts and fold in. Place alternate layers of whipped cream and CRANBERRY PARFAIT in parfait glasses, using 3 layers of whipped cream and 2 layers CRANBERRY PARFAIT.

Makes 6 servings.

** See Page 19 for instructions on storing frozen desserts.*

FROZEN FRUIT ICE CREAM

1 1-pound package frozen sliced strawberries, or peaches in sirup

Thaw fruit quickly by placing package in large container of hot water. Let stand 10 minutes, then add more hot water to container to make water hot again, let stand 10 more minutes. Empty fruit from package into medium mixing bowl and beat with rotary-type beater until fruit is broken in small pieces.

1 pint vanilla ice cream

Add ice cream and beat until ice cream is smooth and blended with fruit mixture. Pour into ice tray; place on lower surface of freezer. Set temperature control at No. 9; freeze firm.*

Makes 4-6 servings.

NOTE: For added flavor when making peach ice cream, add $\frac{1}{8}$ teaspoon almond extract when ice cream is added to peaches.

FROZEN DESSERT SALAD

1 $\frac{1}{2}$ cups creamed cottage cheese

$\frac{3}{4}$ cup heavy cream

$\frac{3}{4}$ cup canned pineapple, cut in small pieces

$\frac{1}{2}$ cup diced dates

$\frac{1}{4}$ cup halved maraschino cherries

$\frac{1}{3}$ cup coarsely chopped nuts

$\frac{1}{8}$ teaspoon salt

$\frac{1}{4}$ cup mayonnaise or salad dressing

Lettuce leaves

Mash cottage cheese with a fork until smooth. Whip cream stiff; fold into cheese.

Combine pineapple, dates, cherries, nuts, salt and mayonnaise. Fold into cream mixture. Pour into ice tray; place on lower surface of freezer. Set temperature control at No. 9; freeze until firm ($1\frac{1}{2}$ -2 hours). Remove from ice tray, cut into squares.*

Serve squares on lettuce leaves. Let salad stand at room temperature until partially thawed (20-25 minutes) before serving.

Makes 8 servings.

NOTE: For ease in removing from ice tray, run hot water over bottom of tray. Use knife dipped in hot water for cutting frozen salad into squares for serving.

*See Page 19 for instructions on storing frozen desserts.

ROSY FRUIT SHERBET

1 cup sugar
2 cups water
1 package raspberry gelatin
dessert

1 No. 2 can red raspberries
(2 ½ cups)
¼ cup orange juice
¼ cup lemon juice

Combine sugar and water; bring to boil, stirring until sugar is dissolved. Boil 5 minutes; remove from heat. Add raspberry gelatin dessert; stir until dissolved. Chill in refrigerator until slightly thick.

Sieve raspberries; add pulp and juice with orange and lemon juice to gelatin mixture, blend. Pour into ice tray; place on lower surface of freezer. Set temperature control at No. 9; freeze firm. Place frozen mixture in chilled bowl; beat smooth. Return to ice tray; freeze firm.*

Makes 8 servings.

**See Page 19 for instructions on storing frozen desserts.*

VANILLA BAVARIAN CREAM

2 egg yolks, beaten
¼ cup sugar
¼ teaspoon salt
1 cup milk

1 envelope unflavored
gelatin (1 tablespoon)
¼ cup water
1 teaspoon vanilla extract

2 egg whites
¼ cup sugar
1 cup heavy cream, whipped

Combine egg yolks, sugar and salt in saucepan. Add milk, blend thoroughly. Cook over low heat, stirring constantly until slightly thick or when mixture coats a metal spoon.

Soften gelatin in water 5 minutes; add to hot egg mixture; stir until dissolved. Add vanilla extract, blend, chill in refrigerator until slightly thickened (about 45 minutes). Remove from refrigerator immediately.

Beat egg whites stiff. Adding sugar gradually, beat to stiff meringue. Fold with whipped cream into gelatin mixture. Pour into 8-inch ring mold or ½ cup individual molds which have been rinsed in cold water. Chill in refrigerator until firm. Serve with fresh or frozen red raspberries or strawberries.

Makes one 8-inch ring mold or twelve ½-cup individual molds.

VARIATIONS: 1. CHOCOLATE BAVARIAN CREAM: Follow recipe for VANILLA BAVARIAN CREAM blending in 1 square (1-ounce) melted unsweetened chocolate to the hot thickened egg yolk mixture.

VARIATIONS: 2. VANILLA BAVARIAN CREAM with LADY FINGERS: Place 18 lady fingers around sides of mold. Pour VANILLA BAVARIAN CREAM into mold.

BUTTERSCOTCH PECAN CHIFFON PIE

1 envelope (1 tablespoon)
unflavored gelatin
3 tablespoons water

3 egg yolks
 $\frac{3}{4}$ cup firmly packed dark
brown sugar
1 cup milk, scalded
2 tablespoons butter or
margarine
 $\frac{1}{4}$ teaspoon salt
 $\frac{1}{2}$ teaspoon vanilla

3 egg whites
 $\frac{1}{4}$ cup firmly packed dark
brown sugar
 $\frac{1}{3}$ cup coarsely chopped
salted pecans

1 baked and cooled 9-inch
pie shell

Soften gelatin in water for 5 minutes.

Beat egg yolks until thick and lemon colored. Gradually beat in brown sugar then milk. Add butter and salt. Cook mixture in saucepan over low heat stirring until slightly thickened. Stir in gelatin; cool. Add vanilla extract. Chill in refrigerator until almost completely firm. Remove from refrigerator and stir vigorously.

Beat egg whites until stiff. Add sugar while continuing to beat to a stiff meringue. Fold with nuts into chilled thickened custard.

Pour into baked pie shell. Chill in refrigerator until firm.

Garnish with whole salted pecans if desired.
Makes one 9-inch pie.

CHOCOLATE CHIFFON PIE

1 tablespoon plain unflavored
gelatin
 $\frac{3}{4}$ cup water
2 1-ounce squares
unsweetened chocolate

3 egg yolks, slightly beaten
 $\frac{1}{2}$ cup sugar
 $\frac{1}{4}$ teaspoon salt
1 teaspoon vanilla extract

3 egg whites
 $\frac{1}{2}$ cup sugar

1 9-inch baked pie shell
 $\frac{1}{2}$ cup heavy cream, whipped

Soften gelatin in $\frac{1}{4}$ cup water for 5 minutes. Combine $\frac{1}{2}$ cup water and chocolate in 1-quart saucepan. Cook on low heat, stirring constantly, until chocolate is melted, thickened and smooth. Add gelatin, stir until dissolved. Remove from unit.

Combine egg yolks, sugar, salt and vanilla extract. Add to chocolate mixture. Blend thoroughly. Cool until slightly thickened.

Beat egg whites until light, add sugar gradually while continuing to beat to a stiff meringue. Fold into slightly thickened chocolate mixture.

Pour filling into pie shell. Chill in refrigerator until set (about $1\frac{1}{2}$ hours). Just before serving spread cream over top of pie.

Makes one 9-inch pie.

NOTE: An attractive garnish may be made by cutting blanched almonds lengthwise, dipping the rounded end in melted semi-sweet chocolate and placing the almonds around the edge of the pie in an "overcasting" fashion. Allow 24 halves for each pie.



RED RASPBERRY REFRIGERATOR CAKE

RED RASPBERRY REFRIGERATOR CAKE

- 1 envelope unflavored gelatin (1 tablespoon)
- $\frac{1}{4}$ cup water
- $\frac{1}{4}$ cup hot water
- 1 cup crushed, sweetened red raspberries
- 1 tablespoon lemon juice
- $\frac{1}{2}$ cup sugar
- $\frac{1}{4}$ teaspoon salt
- 1 $\frac{1}{2}$ cups heavy cream

Angel cake

Soften gelatin in water. Add hot water; stir until dissolved.

Add raspberries, lemon juice, sugar and salt. Pour into bowl; chill in refrigerator until mixture begins to thicken.

Whip cream stiff; fold into raspberry mixture.

Cut cake in $\frac{1}{2}$ -inch slices; line 9 x 5 x 2 $\frac{1}{2}$ -inch pan with slices. Fill with raspberry mixture. Chill in refrigerator until firm. Unmold on serving dish.

Makes 6 servings.

BUTTERSCOTCH SLICES

- $\frac{3}{4}$ cup shortening
- 1 teaspoon vanilla extract
- 1 cup firmly packed brown sugar
- 1 egg
- $\frac{1}{2}$ cup very finely chopped nuts
- 2 cups sifted all-purpose flour
- $\frac{1}{2}$ teaspoon baking soda
- $\frac{1}{2}$ teaspoon cream of tartar
- $\frac{1}{2}$ teaspoon salt

Place shortening, vanilla extract, brown sugar and egg in mixing bowl. Beat until thoroughly blended. Add nuts and mix.

Sift together flour, baking soda, cream of tartar and salt. Divide into 2 portions. Add $\frac{1}{2}$ to first mixture, mix well. Add remaining half; mix thoroughly.

Knead dough with hands until smooth. Pack very firmly and shape in 2 bars, (2 x 2-inches square). Wrap in wax paper. Chill in refrigerator until firm. Cut in $\frac{1}{8}$ -inch slices; place on greased baking sheets. Bake in oven 400°F for 6-8 minutes.

Makes 60 cookies.





ROQUEFORT CHEESE RING

JUST A REMINDER—After you have washed salad greens, be sure you drain them well, for water left on them will dilute the dressing.

AND HERE'S A TIP—If you are making gelatin salads, rinse the mold or molds in cold water, or brush the inside with salad oil before you fill them. You'll find it much easier to remove the salads later.

ROQUEFORT CHEESE RING

1 envelope unflavored
gelatin (1 tablespoon)

$\frac{1}{4}$ cup water

$\frac{1}{4}$ cup hot water

2 3-ounce packages cream
cheese

$\frac{1}{3}$ cup Roquefort cheese

1 cup mayonnaise or salad
dressing

1 tablespoon grated onion

$\frac{1}{4}$ cup minced parsley

$\frac{3}{4}$ teaspoon salt

Salad greens

Fresh fruit

Soak gelatin in cold water 5 minutes. Add hot water and stir until gelatin is dissolved; cool.

Cream together the cheeses and mayonnaise until well blended. Add with onion, parsley and salt to gelatin mixture, mix thoroughly. Pour mixture into 8-inch ring mold which has been rinsed in cold water. Chill in refrigerator until firm.

Unmold on salad greens and fill center of ring with fresh fruit.

Makes 8 servings.

PARTY CHICKEN MOUSSE

2 egg yolks, well beaten

1 cup chicken broth

$\frac{1}{2}$ teaspoon salt

$\frac{1}{4}$ teaspoon paprika

1 envelope (1 tablespoon)
unflavored gelatin

$\frac{1}{4}$ cup water

1 $\frac{1}{4}$ cups coarsely chopped
cooked chicken

$\frac{1}{3}$ cup, toasted slivered
almonds

1 teaspoon prepared horse-
radish

$\frac{1}{2}$ teaspoon Worcestershire
sauce

1 $\frac{1}{4}$ cups heavy cream
Yellow food coloring

Watercress

Curly endive

Cucumber flowers

Ripe olives

Radishes

Combine egg yolks, broth, salt and paprika. Cook over low heat stirring constantly until smooth and slightly thickened (about 15 minutes).

Soak gelatin in water 5 minutes; dissolve in hot broth mixture. Cool until slightly thickened.

Add chicken, almonds, horseradish and Worcestershire sauce.

Whip cream; fold into chicken mixture with enough food coloring to tint a delicate yellow. Pour into 9 x 5 x 3-inch loaf pan which has been rinsed with cold water. Chill in refrigerator until firm (about 2-2 $\frac{1}{2}$ hours). Loosen loaf from sides of pan by running dull-edged knife around the loaf.

Unmold loaf on platter; garnish with watercress, curly endive, cucumber flowers, ripe olives and radishes.

Makes 8 servings.

FROZEN GINGER PEAR SALAD

1 No. 2½ can pear halves
in heavy sirup (3½ cups)

1 cup heavy cream, whipped
6 tablespoons finely chopped
candied ginger
Salad greens

Pour pears and sirup into ice tray; place on lower surface of freezer. Set temperature control at No. 9; freeze firm.*

Cut frozen pear mixture into slices. Top each serving with cream and 1 teaspoon candied ginger. Serve immediately on salad greens.

Makes 6 servings.

TOMATO ASPIC RING

1 bay leaf
Dash of tabasco sauce
⅓ cup finely chopped onion
½ teaspoon salt
3¾ cups tomato juice
2 envelopes unflavored
gelatin (2 tablespoons)
⅔ cup water
2 tablespoons vinegar
Salad greens

Place bay leaf, tabasco sauce, onion, salt and tomato juice in saucepan; simmer 10 minutes.

Soften gelatin in water 5 minutes; dissolve in tomato juice mixture; add vinegar. Strain tomato mixture. Cool slightly.

Pour mixture into 8-inch ring mold which has been rinsed in cold water. Chill in refrigerator until firm. Unmold on salad greens. If desired, any of the following salads may be served in the center of TOMATO ASPIC RING: potato, mixed vegetable, shredded cabbage, chicken, tuna, shrimp or crabmeat.

Makes 6-8 servings.

NOTE: Acidity of the tomato juice determines the firmness of the aspic. High acidity results in an aspic which is less firm.

TUNA FISH LUNCHEON SALAD

2 7-ounce cans tuna fish
(1¾ cups)
1⅓ cups chopped celery
¼ cup toasted slivered
almonds
¼ cup thickly sliced
small stuffed olives
⅓ cup mayonnaise or salad
dressing
¼ cup sour cream
1 tablespoon lemon juice
¼ teaspoon salt
½ teaspoon finely grated
onion
Salad greens
Stuffed olives
Tomato wedges

Place tuna fish in colander. Pour 1 quart boiling water over tuna to remove excess oil.

Mix tuna fish, celery, almonds and olives.

Combine mayonnaise, sour cream, lemon juice, salt and onion; mix well. Chill tuna fish mixture and dressing thoroughly before mixing (about 1 hour). Add dressing to tuna fish mixture. Mix thoroughly. Serve on salad greens and garnish with olives and tomatoes.

Makes 4-6 servings.

*See Page 19 for instructions on storing.

Salad Dressings

MAYONNAISE

1 egg
1 teaspoon salt
 $\frac{3}{4}$ teaspoon sugar
 $\frac{1}{4}$ teaspoon dry mustard
Few grains Cayenne pepper
Few grains paprika
1 tablespoon vinegar

 $1\frac{1}{2}$ cups salad oil
1 tablespoon lemon juice

Combine egg, salt, sugar, mustard, Cayenne pepper, paprika and vinegar; blend.

Add $\frac{1}{2}$ cup salad oil slowly, 1 tablespoon at a time, beating constantly with rotary-type beater. Slowly add remaining oil, then lemon juice, beating constantly until thick.

Makes 2 cups.

Here are some interesting variations for mayonnaise dressings:

Cucumber Dressing—combine $\frac{2}{3}$ cup mayonnaise with 1 small cucumber (about $\frac{1}{2}$ cup) which has been pared, chopped and drained.

Herb Dressing—combine $\frac{2}{3}$ cup mayonnaise with 2 teaspoons chopped chive and 1 tablespoon minced parsley. Serve on meat or fish salads.

Russian Dressing—combine $\frac{2}{3}$ cup mayonnaise with 3 tablespoons chili sauce and 1 tablespoon minced green pepper. Serve on salad greens.

Cream Mayonnaise—combine $\frac{2}{3}$ cup mayonnaise and $\frac{2}{3}$ cup heavy cream, whipped. Serve on fruit salads.

Thousand Island Dressing—combine 1 cup mayonnaise, $\frac{1}{4}$ cup chili sauce, 2 tablespoons vinegar, $\frac{1}{2}$ cup sliced stuffed olives, 1 small onion, slivered, 2 tablespoons minced parsley and 1 hard-cooked egg, diced. Chill well and serve on salad greens, or as desired. Makes $2\frac{1}{2}$ cups dressing.

FRENCH DRESSING

1 cup salad oil
 $\frac{1}{3}$ cup vinegar
 $1\frac{1}{2}$ teaspoons salt
 $1\frac{1}{2}$ teaspoons sugar
 $1\frac{1}{2}$ teaspoons dry mustard
1 teaspoon paprika
Few grains pepper

Combine salad oil, vinegar, salt, sugar, mustard, paprika and pepper. Beat with rotary-type beater until well blended.

Makes $1\frac{1}{2}$ cups.

Here are some interesting variations for French dressings:

Olive French Dressing—combine $\frac{2}{3}$ cup French dressing with $\frac{1}{4}$ cup sliced stuffed olives or $\frac{1}{4}$ cup chopped ripe olives. Serve on any type of salad.

India French Dressing—combine $\frac{2}{3}$ cup French dressing with 2 tablespoons pickle relish or 2 tablespoons chopped dill pickle. Serve on vegetable, meat or fish salads.

Herb French Dressing—combine $\frac{2}{3}$ cup French dressing with 1 tablespoon minced parsley, $\frac{1}{2}$ teaspoon powdered marjoram and a pinch of powdered thyme. Serve on vegetable and meat salads.

Blue Cheese Dressing—combine $\frac{2}{3}$ cup French dressing and $\frac{1}{4}$ pound ($\frac{1}{2}$ cup) blue cheese crumbled. Serve on hearts of lettuce or salad greens.

Notes: Be sure you use a well-seasoned French dressing as a base for the above variations. For use on fruit salads, make French dressing with lemon juice instead of vinegar.



RIBBON SANDWICH LOAF
(RECIPE ON PAGE 35)

REFRIGERATOR ROLLS

$\frac{1}{4}$ cup sugar
3 teaspoons salt
6 tablespoons shortening
1 cup milk, scalded

$\frac{3}{4}$ cup water

1 egg, well beaten
†2 cakes compressed yeast,
dissolved in $\frac{1}{4}$ cup
lukewarm water

6 cups all-purpose flour
(about)

Combine sugar, salt, shortening and milk in large bowl, stirring until shortening is melted.

Add water to first mixture and cool to lukewarm.

Add egg and dissolved yeast and mix well.

Add flour gradually beating well after each addition, mixing to a soft dough. Knead on a lightly-floured board 3-5 minutes until dough is smooth and satiny. Shape into ball; place in greased bowl, grease top of dough. Cover tightly and store in refrigerator.

When ready to use, remove from refrigerator and shape according to directions given below.* Cover, let rise in warm place until double in bulk. Bake in oven 425°F for 10-12 minutes.

Makes 2-4 dozen.

†If you are using dry yeast, follow directions on the package.

CLOVERLEAF ROLLS

*Form dough in balls 1-inch in diameter. Place 3 balls in each section of greased muffin pans, brush with melted butter or margarine. Finish as above.

PARKER HOUSE ROLLS

*Roll dough $\frac{1}{4}$ -inch thick on lightly-floured board. Cut with 2-inch biscuit cutter. Brush with melted butter or margarine. Make a crease with back of knife across each round, just off center. Fold so top slightly overlaps to keep them from springing open. Press edges together at end of crease. Place rolls fairly close together on greased baking sheet. Finish as above.

FRUIT NUT SANDWICHES

$\frac{3}{4}$ cup chopped dates
 $\frac{1}{4}$ cup chopped nuts
5 tablespoons mayonnaise
or salad dressing
 $\frac{1}{2}$ teaspoon lemon juice
Dash of salt

12 thin bread slices
Softened butter or
margarine

Combine dates, nuts, mayonnaise, lemon juice and salt; mix well. Chill in refrigerator.

Cut crusts from bread slices. Spread with butter. Spread fruit and nut mixture on 6 bread slices; cover with remaining slices. Cut each sandwich in 6 pieces by cutting triangles from each corner and 2 rectangles from remaining square.

(If desired, substitute chopped raisins, figs, or cooked prunes for dates.)

Makes 36 sandwiches.

NOTE: Mixture may be stored in covered glass jar in refrigerator for 4-5 days.

Sandwich-making Hints

It's always best to buy day-old bread for sandwiches, but if this is impossible, chill fresh bread well in the refrigerator before you use it. There's one exception to this rule—rolled sandwiches require very fresh bread; otherwise, they will break in rolling.

Butter or margarine helps to prevent moist fillings from soaking into the bread. If you use moist fillings, spread both pieces of bread with butter or margarine. If you are using paste or dry fillings, it's necessary to butter only one slice. For easy spreading use butter or margarine which has been worked with a spoon until it is soft and creamy.

Lettuce and other salad greens, and tomatoes have a tendency to lose their crispness if they are used in sandwiches which are being stored for any length of time. So that lettuce or greens will remain crisp, wrap them separately, and then add them to sandwiches just before serving.

To save time, prepare all your fillings in advance, and spread all the slices of bread in one operation. Spread fillings thinly on tea sandwiches, and more generously (about $\frac{1}{3}$ cup per sandwich) on hearty sandwiches.

Sandwiches can be made in advance, provided you wrap them in wax paper, parchment paper, cellophane, or aluminum foil, and store them in the refrigerator. The vegetable drawers are an excellent place to store sandwiches. Most kinds of sandwiches should not be stored longer than 24 hours before using.

The best way to store tea sandwiches is to place a slightly damp cloth on a tray, cover it with a piece of wax paper, then place the uncut sandwiches on it. Cover them with more wax paper and another damp cloth, and chill them thoroughly in the refrigerator. Cut them in the desired shapes just before serving.

ROLLED SHRIMP SANDWICHES

1 loaf unsliced whole wheat bread

1 loaf unsliced white bread

1 cup cooked or canned shrimp

1 cup softened butter or margarine

Dash of salt

Dash of cayenne pepper

$\frac{1}{4}$ cup tarragon vinegar

Cut crusts from whole wheat and white bread. Cut bread lengthwise in $\frac{1}{8}$ -inch slices.

Using fine blade, put shrimp through food chopper. Add butter, salt, cayenne pepper and vinegar; blend thoroughly.

Spread slices of bread with shrimp mixture. Roll slices lengthwise. Wrap in wax paper and then in damp towel; chill in refrigerator at least 1 hour. Cut in $\frac{1}{2}$ -inch thick slices.

Makes 48 sandwiches.

ROLLED HAM BUTTER SANDWICHES: Follow recipe for ROLLED SHRIMP SANDWICHES substituting for shrimp 1 cup cooked ground ham and 4 sieved hard-cooked egg yolks. Omit vinegar.

RIBBON SANDWICH LOAF

- $\frac{3}{4}$ cup chopped cooked ham
- $\frac{1}{2}$ cup finely chopped dill pickle
- 2 tablespoons chili sauce
- 2 tablespoons mayonnaise or salad dressing
- 3 hard cooked eggs, finely chopped (about 1 cup)
- 2 tablespoons mayonnaise or salad dressing
- 1 teaspoon prepared mustard
- $\frac{1}{4}$ teaspoon Worcestershire sauce
- $\frac{3}{4}$ teaspoon salt
- $\frac{1}{8}$ teaspoon pepper
- 1 bunch watercress, coarsely cut with scissors, (about 1 cup)
- $\frac{1}{2}$ cup pared and finely chopped cucumber
- 2 tablespoons mayonnaise or salad dressing
- 1 loaf white bread, unsliced
- 3 tablespoons butter or margarine, softened
- Prepared mustard
- Mayonnaise or salad dressing
- 2 8-ounce packages cream cheese
- $\frac{1}{2}$ cup top milk or cream
- $\frac{1}{2}$ teaspoon salt
- 6 large stuffed olives, sliced

Mix together ham, pickle, chili sauce and mayonnaise.

Mix together eggs, mayonnaise, mustard, Worcestershire sauce, salt and pepper.

Mix together watercress, cucumber, and mayonnaise.

Remove crusts from loaf of bread; cut lengthwise into 4 slices.

Spread bottom bread slice with 1 tablespoon butter and all ham filling. Cover second slice which has been spread with mustard on side next to ham. Spread second slice with 1 tablespoon butter and all egg filling. Cover with third slice which has been spread with mayonnaise on side next to egg filling.

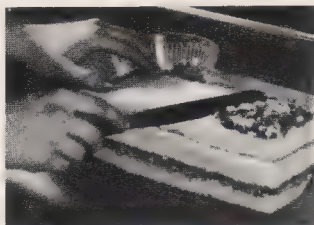
Spread third slice with 1 tablespoon butter and all watercress filling. Cover with fourth slice which has been spread with mayonnaise next to watercress filling. Blend cream cheese with top milk and salt. Spread on top and sides of loaf. Garnish with olive slices.

Chill in refrigerator $1\frac{1}{2}$ -2 hours. Slice into serving pieces.

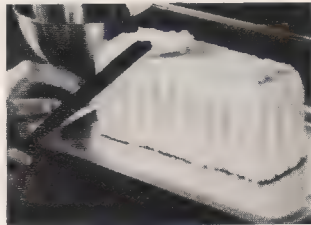
Makes 8 servings.



After crusts have been removed, cut bread in lengthwise slices.



Spread the various sandwich fillings between bread slices.



Spread cream cheese evenly over the top and sides of the loaf.



FRUIT PUNCH

Beverages

SUGAR SIRUP

3 cups sugar
1½ cups water

Combine sugar and water; bring to boil. Boil 10 minutes. Cool. Pour into clean jar; cover. Place in fresh-food compartment. Use to sweeten beverages.

FRUIT PUNCH

4 cups grape juice,
chilled
2 cups fresh orange
juice, chilled
1½ cups fresh lemon
juice, chilled
2 cups ginger ale
8 cups water

Combine grape, orange, and lemon juices, ginger ale and water.

Sugar sirup
Orange slices

Add sugar sirup to taste. Stir. Let stand in refrigerator for 1 hour. Pour into punch bowl; add ice cubes. Garnish with orange slices.

Makes 6 quarts.

LEMONADE

1¼ cups fresh lemon juice
(5-6 lemons)
¾ cup sugar sirup
3½ cups water

Mix lemon juice, sugar sirup and water. Chill in refrigerator if desired.

Fresh fruit
Mint

Before serving, pour over ice cubes in glasses. Garnish with fresh fruit and mint.

Makes about 5 cups.

CHING-A-LING

1 cup boiling water
½ cup sugar
3 cups fresh orange juice
(6 oranges)
½ teaspoon peppermint
extract
½ pint vanilla ice cream
Fresh mint leaves

Pour water over sugar and stir until sugar is dissolved. Chill in refrigerator.

Combine orange juice and peppermint extract. Add chilled sugar sirup, blend. Pour mixture into 4 large glasses.

Divide ice cream in 4 portions; add to orange mixture in glasses. Garnish with fresh mint leaves.

Makes 4 large servings.

TROPICOCKTAIL

1½ cups fresh orange juice
(about 4 oranges)
1½ cups fresh grapefruit
juice (about 2 grape-
fruit)
½ cup fresh lime juice
(about 3 limes)
Sugar if desired

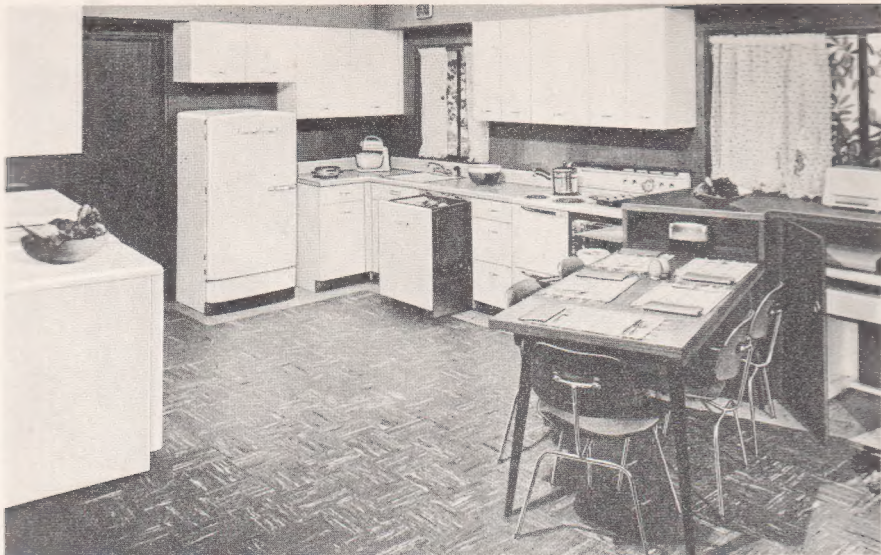
Strain juice if desired. Mix orange, grapefruit, lime juice, and sugar in a pitcher.

Chill in refrigerator.

Makes 6 servings.

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